



Sterling Council on Aging Living Out Our Sterling Years Together

Our mission is to maintain the health and well being of the Sterling seniors and to assist them with preserving their independence.

February 2016

**Butterick Building
1 Park Street**

COA (Council on Aging)

Mon—Thurs: 8:30—2:30

Friday: 8:30—12 noon

Office: 978-422-3032

Rides: 978-422-3032

Meals: 978-422-8022

Fax: 978-422-9916

* **Senior Center Staff**

* **Director:**

Karen Phillips

* **Outreach Aide:**

Nickole Boardman

* **Drivers: Pam Dell,**

Lou Massa, Joan

Seymour, Gloria

Rugg

* **Meal Site Manager:**

Sandra Jacala

Message From the Director

2016 is the year of new beginnings for the Senior Center. We should be moving into the new Senior Center next month. This has been a long journey for everyone involved. Thank you to everyone who has dedicated a lot of time and effort. There are way too many to mention by name. Thank you!!

Once the move has occurred, we will be having a soft opening followed by a Grand Opening. Please stay tuned for all upcoming events.

We are still looking for ideas, suggestions, and instructors for various new programs. Do you have a talent that you would like to share? Please let us know. With the extra space, we can actually hold more than 1 event at a time. We are looking forward to filling the building with new, exciting, and fun activities.

Wishing you all a Happy Valentine's Day!

Karen

Don't feel like cooking? Join us for lunch. We serve and do the dishes. \$3.00 a meal. Hope to see you!

Upcoming Events

Thursday, February 4—Movie at 1 PM

Monday, February 8—Volunteer meeting at 4 PM

Thursday, February 11—Valentine's Day Craft at 12:30 PM

Monday, February 15—Senior Center closed

Thursday, February 18—Elder Keep Well Clinic at 12 noon

Thursday, February 25—Book club at 12:30 PM

Friday, February 26—Pancake Breakfast from 7:30—9:30 AM

Ongoing Events

Mondays—

Senior Fitness at 10 AM. Get in shape with a fun group of people and a certified instructor. This class is offered thanks to Oriol Healthcare—free.

Tuesdays—

Game day at 12:15. Come on down to play bridge, dominoes, cards, scrabble, etc.

Wednesdays—

Chair yoga at 9:30 AM. Get the benefits of yoga without leaving your chair. \$5.00 a class.

Computer class at 9 AM. Have your computer questions answered. Free.

Wii bowling at 12:30 PM. Come and bowl with some friends. Monthly tournaments.

Shopping trip to various stores at 1 PM. Sign up required. Limited to 9 people.

Thursdays—

Yoga at 9 AM. Gentle yoga for strength and flexibility. \$5.00 a class.

Fridays -

Pilates at 9:30 AM. Core strength and balance with a certified instructor. \$5.00 a class.

Meals—We serve a healthy lunch Monday to Friday at 11:30 AM. We do the cooking and the dishes, so come to the Senior Center and enjoy. Reservations must be made 24 hours in advance (before 12 noon). Your \$3.00 donation is appreciated.

Elder Keep Well Clinic every 3rd Thursday from 12-2 PM. You can have a private meeting with an RN for blood pressures, glucose levels, disease management, and medication counseling.

A SHINE counselor is available once a month for private appointments regarding your health insurance questions. Call to schedule an appointment.

We have a computer lab with internet access. There is a pool table for impromptu games or practice.

Transportation is not an excuse to miss out on these activities. We provide transportation on our 2 senior vans. The charge is \$1.00 roundtrip in town and \$2.00 roundtrip out of town. There is no charge to come to the Senior Center. Please call at least 48 hours in advance to make a reservation. The van is available Monday, Tuesday, Thursday, and Friday afternoons and Monday through Friday mornings.

Reservations can be made by calling the office at 978-422-3032.

News from SHINE February 2016

Can I still change my Medicare Plan?

The 2015 Medicare Open Enrollment period ended on December 7, but people may still be allowed to change plans. For Plan year 2016, the Tufts Medicare Preferred Plan has been designated as a 5-star Plan by Medicare, as a reward for the excellence of their Plans. Basically, this means that Medicare Beneficiaries may enroll in or change to, one of the Tufts Medicare Preferred Plans at any time between December 8, 2015 and November 30, 2016. This is a great opportunity if you missed the Open Enrollment deadline.

For those of you with a Medicare Advantage Plan: Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you cannot switch to another Medicare Advantage Plan. If you drop your Medicare Advantage Plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time. This could be an opportunity to continue coverage with your current provider if you failed to make a change during the Open Enrollment Period.

For those with Prescription Advantage or getting “Extra Help” paying for prescription drugs: You can change your plan during the year. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change every month.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you. They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back.



Living Memorial Honor
Sterling COA./Senior Center
1 Park Street, Sterling, MA 01564

I am enclosing \$ _____
In honor/memory of _____
Donor's name _____
Address _____

This coupon is for your convenience in making a gift that will enhance senior services in our community today and tomorrow. Your support is greatly appreciated. Our sincere thanks to those who are remembering their friends and family by making contributions in their name to the Senior Center.

Information

Tips for Getting more Fiber:

- Start at breakfast—choose a high fiber cereal or oatmeal (5 g or more)
- Switch to whole grains—look for whole wheat or whole wheat flour as first ingredient, use brown rice
- Eat more fruits and vegetables—shoot for 5 a day



- Give beans a try—beans, peas, or lentils are high in fiber and protein

Snow Information:

While the Senior Center is usually open, certain classes may be cancelled due to inclement weather. Please call the Senior Center at 978-422-3032 to check before coming out. As a general rule of thumb, many programs are cancelled if Wachusett schools are delayed and/or cancelled.



To be safe, call us at 978-422-3032 to make sure we are open before leaving your house.

When in doubt, choose safety first.

2016 Medicare Part B Premium

You may have heard your Medicare Part B premium is going up. This is not true for everyone. Those whose Part B premium was deducted from their Social Security check last year will continue to pay \$104.90 per month. Those newly enrolled in Part B this year will likely pay \$121.80 per month. (Since there is no cost of living increase in Social Security benefits for 2016, the law prevents benefit checks from being reduced.)

People with limited income and assets may qualify for a program that will pay their premium.

Those with incomes greater than \$85,000 a year (\$170,000 per couple) have higher premiums and will pay between \$170.50 and \$389.80 per month for Part B.

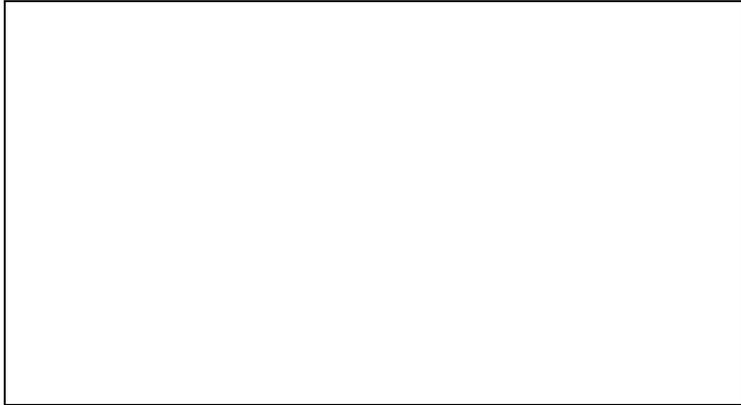


Fuel Assistance: New England Farm Workers' Council 978-342-4520

Monday	Tuesday	Wednesday	Thursday	Friday
1 10—Exercise 11:30—American chopped suey	2 11:30—grilled chicken breast 12:15—Game day	3 9—Computer class 9:30—Chair yoga 11:30—turkey 12:30—Wii 1—Van shopping trip to Walmart (Leom)	4 9—Yoga 11:30—chicken jambalaya 1—Movie	5 9:30—Pilates 11:30—Shepherd's pie
8 10—Exercise 11:30—grilled chicken breast 4—Volunteer meeting	9 11:30—SPECIAL: ham 12:15—Game day	10 9—Computer class 9:30—Chair yoga 11:30—broccoli cheese bake 12:30—Wii 1—Van shopping trip to K-Mart	11 9—Yoga 11:30—chicken kielbasa 12:30—Valentine's Craft project	12 9:30—Pilates 11:30—breaded pollock
15 Senior Center closed for Presidents' Day	16 11:30—roast pork 12:15—Game day	17 9—Computer class 9:30—Chair yoga 11:30—ground beef patty 12:30—Wii 1—Van shopping trip to Walmart (WB)	18 9—Yoga 11:30—chicken breast w/pesto cream 12—Elder Keep Well clinic	19 9:30—Pilates 11:30—vegetable lasagna
22 10—Exercise 11:30—sweet and sour chicken	23 11:30—Salisbury steak 12:15—Game day	24 9—Computer class 9:30—Chair yoga 11:30—chicken florentine 12:30—Wii 1—Van shopping trip to Ocean State	25 9—Yoga 11:30—shaved steak 12:30—Book club	26 7:30—Pancakes 9:30—Pilates
29 10—Exercise 11:30—chicken parmesan		Choice Café Wednesdays: 2/3—Chicken breast with red pepper pesto 2/10—roast beef 2/17—chicken with peach salsa 2/24—tortellini salad		Are you in need of sand for this winter? Please give us a call at the Senior Center. Nickole will gladly deliver sand to your door.

Sterling Council on Aging
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Sterling, MA 01564-0243

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The new Senior Center is coming along! Here are some pictures of the progress:



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